

NEW "My Second Anniversary"

I wanted to share my story. I had gastric bypass surgery in November 2006. **Since then I have lost 120lbs. I am no longer a diabetic. My high blood pressure is gone. My knees and feet don't hurt.** My primary care doctor is so pleased. He said that I am at the perfect weight.

I am on the run from daybreak to 9 or 10pm everyday. I have so much more energy it is amazing! I would never get on an airplane but this year I actually did it. I was always afraid I wouldn't fit in the seat. The next thing I would like to do is ride a horse. I have a better attitude and feel more confident about myself. I eat right and exercise regularly.

I would like to share my story because someone out there may be thinking about having the surgery. I won't lie it was very difficult at first but in the long run it is the best thing I have ever done for myself. That is the key you have to want to do it for yourself.



DeEtta
Zimmers,
Department
of Human Services



**Congratulations
DeEtta !**